

1. An exercise platform that is dynamic in nature to provide an unstable surface upon which an individual may exercise, the exercise platform comprising:
 - a stable base;
 - a board upon which the individual may exercise; and
 - an adjustable hub, wherein a first end of said adjustable hub is coupled to said base and a second end of said adjustable hub is coupled to said board, and wherein said hub moves to cause said board to tilt in any direction.
2. An exercise platform as recited in claim 1, wherein said hub moves by flexing to cause said board to tilt in any direction.
3. An exercise platform as recited in claim 1, wherein said hub moves laterally to cause said board to tilt in any direction.
4. An exercise platform as recited in claim 1, wherein said hub comprises a two-part member.
5. An exercise platform as recited in claim 1, wherein said hub comprises:
 - (i) a flexible connector; and
 - (ii) a tilt adjuster movably coupled thereto.
6. An exercise platform as recited in claim 5, wherein said adjuster is selectively rotated about said flexible connector to adjust the amount to which said board is able to tilt toward said base.

7. An exercise platform as recited in claim 6, wherein said adjuster selectively adjusts the amount said board is able to tilt without raising any component of the exercise platform.

8. An exercise platform as recited in claim 6, wherein said adjuster rotates within a horizontal plane.

9. An exercise platform as recited in claim 5, wherein said flexible connector comprises:

- (i) a flexible material; and
- (ii) a plate embedded in the flexible material, said plate having at least one post extending therefrom.

10. An exercise platform as recited in claim 6, wherein said flexible connector includes an upper abutment member and said adjuster includes a lower abutment member, and wherein said lower abutment member is aligned under said upper abutment member to limit the amount to which said board is able to tilt toward said base.

11. An exercise platform as recited in claim 10, wherein said adjuster includes a plurality of lower abutment members, and wherein upon rotating said adjuster about said flexible connector, a lower abutment member is aligned under said upper abutment member to limit the amount to which said board is able to tilt toward said base.

22. An exercise platform as recited in claim 21, wherein said exercise mechanism comprises at least one handle coupled to the board.

23. An exercise platform as recited in claim 22, wherein said handle is stretchable.

24. An exercise platform as recited in claim 22, wherein a first end of said handle is configured to be held by an individual and a second end of said handle is selectively coupled to said board, such that use of said handle causes said board to tilt.

1 25. A wobbly apparatus upon which an individual may stand, the wobbly
2 apparatus comprising:

3 a first support upon which the individual stands;

4 a second support that is placed on a stable surface;

5 a flexible connector interposed between said first support and said second
6 support, wherein said connector allows at least one of:

7 (i) the weight of the individual; and

8 (ii) the movement of the individual to cause said first support to
9 move toward said second support; and

10 a tilt adjuster interposed between said first support and said second support
11 to restrict the movement of said first support towards said second support.

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13 26. A wobbly apparatus as recited in claim 25, wherein said adjuster is
14 selectively adjustable to provide a plurality of settings for controlling the amount of said
15 movement of said first support toward said second support.

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17 27. A wobbly apparatus as recited in claim 26, wherein said adjuster is
18 selectively adjusted between said plurality of settings without vertically displacing any of
19 said first support, said second support, said flexible connector or said adjuster.

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21 28. A wobbly apparatus as recited in claim 25, further including at least one
22 handle.

29. A wobbly apparatus as recited in claim 28, wherein said handle is stretchable.

30. A wobbly apparatus as recited in claim 28, wherein a first end of said handle is held by the individual and a second end of said handle is removably coupled to one of said first and second supports.

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1 31. A wobbly platform upon which an individual may stand, the wobbly
2 platform comprising:

3 a board;

4 a base;

5 a flexible connector interposed between said board and said base, wherein
6 said flexible connector allows the weight of an individual to cause said board to tilt
7 in any direction; and

8 a tilt adjuster placed about said flexible connector to restrict the amount
9 which said board tilts.

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11 32. A wobbly platform as recited in claim 31, wherein said adjuster is
12 selectively adjustable to provide a plurality of settings for controlling the amount in which
13 said board may tilt.

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15 33. A wobbly platform as recited in claim 31, further including at least one
16 handle, wherein a first end of said handle is held by the individual and a second end of said
17 handle is coupled to one of said board.

1 34. A dynamic platform that provides an unstable surface for an individual, the
2 dynamic platform comprising:

3 a rigid board for supporting an individual;

4 a stable base for supporting said board;

5 a flexible hub for coupling said board to said base and allowing said board
6 to tilt in any direction toward said base, wherein said hub comprises:

7 a flexible connector having a top abutment member set; and

8 an adjuster that includes one or more bottom abutment member sets,
9 wherein one of said one or more bottom abutment member sets is
10 selectively aligned with said top abutment member set to restrict the amount
11 of tilt of said board.

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13 35. A dynamic platform as recited in claim 32, wherein a central position of
14 said board remains unchanged while one of said one or more abutment member sets is
15 selectively aligned with said top abutment member set.

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17 36. A dynamic platform as recited in claim 31, further comprising one or more
18 handles coupled to said board for modifying the unstable surface of the dynamic platform.

